

Leave a Legacy



Imagine the difference you can make

Did you know that legacies are a vital source of income for charities? Last month we received such a gift – this is only the third legacy we've received in over 25 years and is wonderful news for us.

Anyone can leave a legacy to 'The Family Haven', it is easy, affordable and you don't have to leave a huge amount. We received a legacy before Christmas and it has helped us to be able support families in their search for permanent accommodation, to find work, and to improve their children's school readiness.

So imagine the difference a gift in your will would make to the families who come to us in times of crisis.

To find out more about leaving a gift in your will we have a page on our website with information we hope is useful: www.thefamilyhaven.com/how-you-can-help/leave-a-legacy/

Help make a great difference to over 200 parents and children a year!

Up Coming Events

Volunteers Needed!

We have a few events we'll be attending this year and we need some help. Can you spare a couple of hours? If so, please contact Debbie at debbie@thefamilyhaven.com or on 01452 528692. Thank you.

Saturday 3rd September – walk in Gloucester Day Parade 1.45pm-3pm

Sunday 25th September – stall at Painswick Feast 11am-6pm
Time slots: 11-1, 12-2, 1-3, 2-4, 3-5, 4-6

Also someone who is happy to open up and someone happy to close down

Saturday 10th December – stall at Gloucester Cathedral Christmas Market 10am-4pm

Debbie Nevin
Fundraiser
01452 528692
debbie@thefamilyhaven.com

We benefit from carrier bag levies



We were really pleased to receive £574 this month from PEP and CO. Their staff chose us to receive the carrier bag fees for the Gloucester store. They are a budget clothing retailer and it amuses our staff and clients to think we benefit when they buy a bag. Thank you to the company, its staff and customers for this great scheme.

Like our **facebook** page

www.facebook.com/thefamilyhaven.gloucester

Follow @TheFamilyHaven

Good Luck Michelle



We say goodbye for now to our Nursery Nurse Michelle who will leave us in August 2016 to await the birth of her second child in November. We wish her and her partner all the best.

Become A Friend

Why become a Friend? As a Friend of The Family Haven you will be supporting the trustees and staff in helping provide the services our families so desperately need. Your regular subscriptions and offers of voluntary help are invaluable and support us in delivering our aims.

Call 01452 422971 for an application form or download it from <http://bit.ly/YtnESd>



THE FAMILY HAVEN

Helping vulnerable families to a brighter future for 27 years

Louise and Nick Stoddart says a big thank you to the staff of The Family Haven Newsletter

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Vacancy—if you are interested in becoming a Trustee we have a vacancy, please contact us.

The Family Haven
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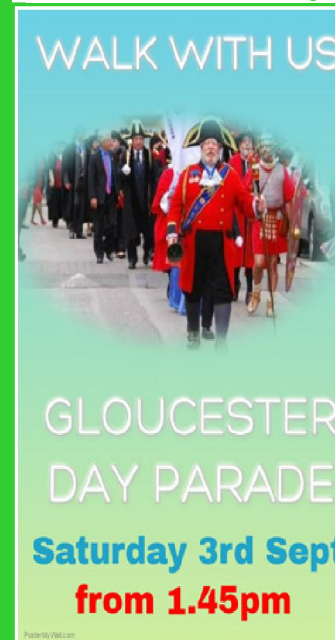


I can't believe that Poppy and Charlie have been coming to you for just over 3 years, but sadly the time has come for us to say a fond farewell to everyone at The Family Haven. As you are aware Poppy and Charlie will be starting at Abbeymead Primary School in September, they are both really looking forward to going but neither of them want to leave the Haven (including me), it is time for them to begin a new

chapter in their lives. You have all helped our family so much, with your ongoing help, support, advice, caring, friendliness, hugs, tissues, shoulders to cry on, and so much more, it has meant more to us than you can imagine. Poppy and Charlie have evolved, developed, grown and so much more in the nursery, they look forward to coming and they love their time in the nursery and all of the staff. Poppy and Charlie even pretend play at being nursery staff, children and parents, Poppy sets out her babies and teddies in circles for story time, song time and the register etc! It is with great sadness that I write to give you notice of Poppy and Charlie's last session with you. I will find this a very sad and emotional day. We'd like to take this opportunity to say a big thank you to all of the ladies in the nursery and to the staff at the Haven for caring for Poppy and Charlie so well and for all of your help and support. THANK YOU

Kind regards
Louise and Nick Stoddart

Gloucester Day Parade



We would love for you to join us walking in the Gloucester Day Parade this year. We'll be starting from behind the library and museum along Constitution walk from 1.45pm for a 2pm start. We'll be wearing plain tops of either one of the colours of the rainbow or white.

The parade finishes on Southgate Street with free tea and cake at Brunswick Baptist Church. If you'd like to donate a cake then the Church will really appreciate the support.

Please contact me if you need any further information on joining the parade or donating a cake – debbie@thefamilyhaven.com or 01452 528692

Thank you!
Debbie Nevin, Fundraiser

The Family Haven trip to Jump

On Friday 3rd June the families from The Family Haven boarded the bus to 'Jump' in Bristol. There was lots of excited chatter on the bus and the inevitable "are we there yet"? Just before arrival Gail gave all the children a wrist band to wear to enable them to get into the soft play centre. When they got in the children removed their shoes and the families were shown to the room where they could leave their belongings and have their lunch. Then the moment they had all been waiting for, the now very excited children and equally excited parents went into the soft play area! The children quickly ran onto the bouncy castle part and the more adventurous climbed to the top and went down the fast slides. All of the parents encouraged their children and joined them on the equipment. The younger children seemed to enjoy the toddler area, which was quieter and had age appropriate equipment whilst their parents watched on and supported them when necessary. At lunch time the families went to the party room and had their lunch. Then one of the children, whose birthday it was had a special treat of having everyone sing happy birthday and share his birthday cake. The families went back to the play area for the last hour or so before getting back on the bus where the now worn out children and parents slept for most of the way back to The Family Haven. Everyone had a great time and a lot of the families are already organising a return trip!



Queen's Tea Party

We celebrated the Queen's 90th birthday in the Nursery. The children were quite excited learning about the Royal family and talking about the Queen. The pre-school especially engaged in activities throughout the week and looked at pictures of Buckingham Palace and Balmoral, also talking about the Royal Guards and the changing of the Guard. All were completely focussed while watching the guards on horseback moving around the screen. It was an exciting week, and children made flags and hung bunting, it gave the nursery a special feel. The older group went shopping to purchase the items needed for baking, all the children then all helped throughout the week to make scones and cakes. These made up part of their Tea party held at the end of the week to Celebrate the Birthday of the Queen. We also shared the festivities with the parents, taking trays of scones and sandwiches up to the parents lounge and explaining what we were celebrating. Parents were really enthusiastic and thankful. It was a lovely celebration throughout the day centre.



Parenting Classes

We provide a mixture of theoretical and practical sessions in our parenting programmes. The practical ones are always the most popular as the parents enjoy visiting childhood. It gives them a good opportunity to experience the pleasure of things that they may not have had the chance to do when they were young.



In our latest series of parenting classes we covered practical sessions in 'messy play', 'den building' and 'healthy lunch boxes'. Some of the parents really enjoyed playing with the gloop and found it very therapeutic whilst others didn't like it and preferred the dough which was a bit cleaner. The den building was great fun and the parents really got into the swing of things, even setting up for an imaginary tea party. The theoretical sessions covered topics such as 'keeping your children safe', 'children's personal space', 'preparing children for school', 'childhood illnesses' and 'car seat safety update'. In the practical sessions we use a variety of ways to disseminate the information including quizzes, handouts as well as sharing ideas and experiences.

Parents and Children enjoy their swimming sessions



We have recently resumed our parent and child swimming sessions. The GL1 complex consists of four pools, we use the Tad Pool, which is a children's fun pool with a slide, bubble seat and water jets, specifically for the under 11's. The children are so excited for many reasons, firstly they are going on an adventure with their mummy/daddy or both, and secondly they have their friends coming along with them and will be able to splash and play together. The children are so exuberant in their play, which is a joy to observe. If we have a parent with two children, then the staff member will look after one of the children to ensure each child has someone playing with them and keeping them safe. Swimming sessions are so important and we are pleased we are able to offer these sessions, as parents who possibly live a sedentary lifestyle may need this type of direct involvement and encouragement to see the positive exercise we are giving them initial access too. As we walk to the leisure centre, (each session) we talk about the importance of swimming, and how significant the benefits are for the children. We talk about it encouraging a healthy level of physical and social activity, the parents are also reminded how salubrious swimming is as a family activity, so promoting an active lifestyle is important for both physical and mental stamina. We discuss swimming is a way to prevent childhood obesity, which we already know has links to juvenile diabetes, but also that it is a fantastic activity for our children to be encouraged to keep up. It's a good 15 minute walk to get to the pool, which is an ideal time to cover such topics with the parents. Also having a child with cerebral palsy gives him and his parents a fun activity to share and as less strain is put on the joints and his connective tissue, its a happier child who doesn't need to complete quite as much physiotherapy when back at the nursery.

Our cook enjoys creating healthy snacks for the children

Our cook Chazz always enjoys spending time with the children and having the children help her prepare their snacks one day a week, in which the children totally have fun and of course enjoy the eating afterwards.



Salad Garden with a cucumber snake

Penguin Pears with strawberries